

10 reasons why you and your families should join the pure food 2U family

The food chain today is like none other in the history of mankind. We

have paid a high price for convenience and fast foods. Many nutrients are destroyed during the processing and packaging of foods.

The increased tendency to pick and ship produce before ripening reduces its nutritional value. Depletion of nutrients from the soil and mass production farming has resulted in nutritionally inferior crops. Alcohol, caffeine, medications, stress, pollutants, insecticides, and artificial fats all rob the body of essential nutrients. Pure food 2U believes that the single most important of our day is our food consumption.

Nutrient dense food is the base building block for vibrant good health.

We believe it is about eating **REAL and pure food!**



- 1 We purchase REAL whole foods and organic foods that have not been chemically treated, denaturalized, injected or genetically modified.
- 2 We believe to live good health everyday we all must eat REAL food and that is all we make at pure food 2U. Food that is reminiscent of authentic PURE family meals before the fast food revolution won the war.
- 3 We do not use white sugar, flour, artificial sweeteners or msg.
- 4 We use 8 stage reverse osmosis filtered water in all of our food production.
- 5 We have a great respect for nature and write our menus around what the natural season will provide to us.
- 6 We work hand in hand with local growers and farmers who like us are committed to REAL and PURE food.
- 7 We believe "diets" will never provide long term weight loss results and are extremely damaging to your metabolism; each of us must find a way of eating that allows us to meet our life goals and matches our life style so we can stick to it over time. pure food 2U can be a healthy component for your whole food meal plan!
- 8 Pure food 2U supports an eating philosophy that combats disease. Disease and nutrition are intricately linked; it is a myth to believe that disease is simply a predictable outcome of old age.
- 9 Our menus are diverse to please the ranging tastes of our clients. There is no perfect way for everybody to eat; each of us must find a sound set of principles on which to build a food plan that works for us.
- 10 pure food 2U is committed to handling all of our food preparation, with cleanliness, commitment, integrity, love and care.